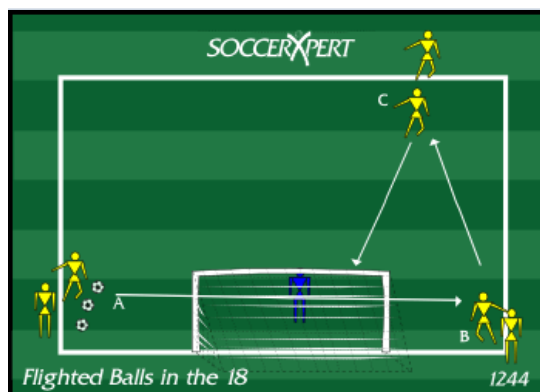




Drill Quick Glance

Age: 9+	Field: 20X40
Players: 6+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

Flighted Balls in the 18

Objective:

This soccer drill is designed to focus on chipping, trapping and shooting inside the 18. If you need your team to feel more comfortable inside the penalty box, you have to practice there.

Setup

1. Divide the team into 3 equal lines.
2. Group A is on one corner of the penalty box near the end line with an ample supply of soccer balls.
3. Group B is on the other corner of the penalty box near the end line.
4. Group C is at the top of the penalty box near the semi-circle.
5. A goalkeeper in the goal.

Instructions

1. The first player from Group A serves a flighted ball across the face of the goal to Group B.
2. The first player from Group B takes the ball out of the air with a good control touch and passes the ball to Group C.
3. Group C then takes a shot on goal.
4. The players should rotate A, B then C.

Coaching Points

- Focus on quality of flighted balls, control touches and shots.
- Players should learn to be more comfortable in front of the goal and focus on finishing the ball.

Variations

- Restrict the number of touches (one-touch)